

**DEPARTMENT OF THE ARMY**  
Dental Detachment, U. S. Army Dental Activity  
Fort Huachuca, Arizona 85613-7040

DSBJ-CO

1 October 1998

MEMORANDUM FOR All U.S. Army Dental Activity Military Personnel

SUBJECT: Policy Letter 99-10, Physical Fitness Training Program

1. REDERENCES: FM 21-20, Army Physical Fitness Training

2. SCOPE: This policy applies to all military personnel assigned or attached to the Fort Huachuca Dental Activity.

3. RESPONSIBILITIES:

a. The 1SG is overly responsible for the unit PT Program. The 1SG will receive a morning report each PT session to obtain accountability. The 1SG will then turn the formation over to the PT instructor.

b. The PT NCO will maintain a duty roster of PT Instructors. The PT NCO will work with each PT Instructor and assist with the schedule of events for each week. The unit PT NCO will be responsible for maintaining all unit PT files and equipment (road-guard vests, etc.), and will assist the PT Instructors with any additional support/coordination necessary (obtaining sporting equipment, etc.).

c. PT Instructors will be junior enlisted/NCO's and will be responsible for conducting the unit formation each week. They will assume the morning formation from the 1SG, and proceed with the unit PT.

4. POLICY:

a. All enlisted soldiers are required to attend this program. Officers will participate on Wednesdays, but are strongly encouraged to attend all PT sessions.

b. The purpose of this program is to ensure soldiers stay physically fit. However, professional development of junior enlisted, as well as enhanced esprit-de-corps within the unit are added benefits of the program.

c. PT will be conducted Monday through Thursday of each week. PT will begin at 0530 and will generally end at 0630, depending on the events for the day.

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d. Duty call for participants in the program is 0800 hours, unless otherwise directed. Duty call for individuals not participating remains the unit standard.

e. Generally, each PT session will consist of a variety of stretching and warm up excersises, followed by a period of anaerobic and aerobic activities. However, the PT Instructor and PT NCO are encouraged to develop alternate methods of physical exercises (grass-drills, frisbee football, etc.).

f. Each PT instructor will be required to post a schedule of events for each day of instruction. This will be posted the week prior to the week of instruction.

g. Soldiers on profile will do PT within the limits of their profile. These soldiers will be required to fall-in with the unit at the first formation. Soldiers on profile will not do physical activities outside of their profile, but will be dismissed from the formation to do alternate activities. Copies of all profiles will be forwarded to the 1SG or PSNCO.

5. Uniform:

a. The uniform for PT will be determined by the 1SG. Generally, the uniform will be related to the season and will be the standard until otherwise noted.

b. All personnel will be required to be in the same uniform in formation. Formations will not be conducted with varying types of uniforms.

6. For questions or concerns regarding this memorandum, please contact the 1SG at 533-3145 / 3144.

//Original Signed By//

WILLIAM F. BOHL  
1LT, MS  
Commanding